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What is claimed is:

1. A method of communicating dietary information between a user and a database comprising:
  - storing dietary information on a database;
  - searching the database to identify specific dietary information meeting user criteria;
  - manipulating the information to provide a table of information; and
  - transmitting specific dietary information from said table of information accessible to the user from the database.
2. The method of claim 1 wherein transmitting specific dietary information further comprises transmitting evaluations of the dietary information.
3. The method of claim 1 wherein manipulating the information further comprises evaluating the interaction between the dietary information and medication information.
4. An apparatus communicating dietary information between a user and a database comprising:
  - a data network;
  - a plurality of databases operably connected to said data network; and
  - a computer operably connected to said plurality of databases via said data network, said computer having a storage area, wherein said computer searches said plurality of databases to identify information relating to a plurality of factors as specified by a user of said computer, said databases transmit said identified information to said storage area of said computer via said data network, and said computer manipulates said transmitted information to provide a summary of appropriate dietary information.
5. The apparatus of claim 4 wherein said server computer transmits a location in said storage area containing said dietary information to said user computer.

6. The apparatus of claim 4 wherein said storage area comprises a personal data question template.

7. In a system for communicating dietary information between a user and a database, a computer-readable memory for storing data for access by an application program comprising: a data structure stored in said computer-readable memory, said data structure including information used by said application program and including:

- a plurality of personal data fields;
- a plurality of anthropometrics fields;
- a plurality of special metabolic needs fields;
- a plurality of food preferences fields;
- a plurality of health status fields;
- a plurality of food allergies fields;
- a plurality of life stage fields;
- a plurality of dietary prescription fields;
- a plurality of cooking complexity fields;

wherein said fields have values and said application program determines a menu plan based on the manipulation of said plurality of fields by employing a nutritional and medication databases.

8. The data structure of said computer-readable memory of claim 7 further comprising a plurality of personal data question fields.

9. The data structure of said computer-readable memory of claim 7 further comprising a plurality of evaluation fields to permit evaluation of said application program.

10. The data structure of said computer-readable memory of claim 7 further comprising an address field for sending the user an address location of said dietary information fields.